PLANT FACT SHEET

Costus dubius (Afzel.) K.Schum.

GENUS *Costus* **FAMILY** Costaceae

COMMON NAMES Showy costus, African costus

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb. It keeps growing from year to year. It grows 2-5 m tall and 2-3 m wide. The leaves are mid green. They are oval and wedge shaped at the base. They are arranged in spirals along the stems. The flowers are white with a yellow throat.

HABITAT

It is a tropical and subtropical plant. It grows in humid regions. It can grow in light shade. It is best in a soil with high organic matter. It often grows in wet areas.

PRODUCTION

Cultivation

Plants can be grown by sections of the rhizomes or from tubers or seeds.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b0ffa5ab-b58f-4969-b69b-dbf7f2268ce2